

THEORY CLASSES.

Methods of Teaching.

How to be a Teacher.

Aim - an ideal

Objective - general - health

specific - think much.

Reader - Russel Sage College. N.Y.

1. Training of a perfectly functioning human being, physically strong + well poised, organically sound + efficient, mentally alert + forward looking, emotionally well controlled + well-balanced.
2. The education of a co-operative, creative, serviceable member of society with ideals, attitudes, habits & desires of living, which make for bigger brother, more tolerant, more interesting, more helpful & more creative men & women.

teacher - ideal of one.

child - conception of teacher & classes.

environment - pleasant.

activities - interesting.

time - well-filled, profitable.

Hetherington.

Objectives of P.E.

1. The immediate objectives is the organization & the leadership of child life as expressed in big muscle activities.
2. The remote objectives is adult social adjustment & efficiency.
3. The objectives in development.
 - A. The development of the instinct mechanisms.
 - B. The development of the intellectual mechanisms.
 - C. The development of the neuro-muscular mechanisms and nervous power.
 - D. The development of organic power.
4. The objectives in social standards.
5. The objectives in the control of health conditions.
6. Definition of physical education.

P.E. is that phase of education which is concerned, first, with the organization & the leadership of children in big-muscle activities, to gain the development & the adjustment inherent in the activities according to social standards, and second, with the control of health & growth conditions naturally associated with the leadership of the activities, so that the educational process may go on without growth handicaps.

Activities.

Natural or Playful Activities.

- arising out of instinct tendencies.

I. Self-testing activities.

- achievements & stunts.

A. Locomotor stunts.

B. Floor & ground stunts.

1. individual & partner.

2. group pyramids.

C. Apparatus activities & stunts.

II. Dramatic Activities.

A. Impersonating plays.

B. Constructive dramatics.

III. Rhythmic Activities. Dancing.

A. Singing games.

B. Gym - dancing.

C. Interpretive & expressive dancing.

D. Social dancing.

IV. Plays & Games.

A. Chasing.

B. Tag & ball games.

V. Athletic Activities & contests.

A. Individual events - track & field events.

B. Athletic games.

1. Single or dual.

2. Team games.

VI. Personal Combative Activities.

- A. In combative plays.
- B. In personal fighting:
 - activities & achievements
 - 1. wrestling
 - 2. boxing
 - 3. fencing

VII. Water Activities.

- A. Mading - swimming
 - 1. swimming & diving
 - 2. " contests
 - 3. team games
- B. Boating & canoeing
 - 1. Rowing & paddling
 - 2. Contests
- C. Sailing.

VIII. Winter Activities.

- A. Snow dramatization & games.
- B. Locomotor achievements
 - 1. Skating
 - 2. Skiing
 - 3. Snowshoeing
- C. Snow & ice contests
 - 1. Individual events

Related Activities - arising out of necessity or a natural or industrial interest.

IX. Locomotor or place adjustments

- A. Walking.
- B. Adjustments with self, animals & machines.

X Outing Activities involving a natural interest.
- chiefly of value for week-ends & holidays or for adults.

A. The vigorous forms.

1. Camping or hiking.
2. Nature excursions.
3. Bicycling trips.
4. Canoeing trips.
5. Hunting & fishing.
6. Horseback riding.

B. The more passive forms.

1. Shooting, marksmanship.
2. Camping, housepartying.
3. Driving.
4. Fishing.
5. Sailing.
6. Power boating.

XI Industrial Activities.
especially those involving
vig. vigorous & stimulating
muscular activity.

Formalized & Invented Movements
exercises & drills.

XII Marching & drills.

XIII Pastural instruction.

XIV Drills, corrective, disciplinary
& developmental movements.

XV Special corrective movements.

● B. Between 8-10 yr.

1. Likes adventure, fighting, hunting & running.
2. Begins to be co-operative & gregarious.
3. Demands operation of rules for many forms of play.
4. Takes an interest in skills.
5. Lapses to tease & dare.
6. Ready to judge actions, make rules, & enforce them.
7. Ready to obey rules of games.
8. Realizes satisfaction of group success.
9. Seeks information of own initiative.
10. Ready to evaluate his own strength & weaknesses.
11. ● Ready to evaluate his own behavior & its effects upon others.

C. After 10 yr.

1. Interested in competition & skills.
2. Acquires respect for rules of games.
3. Ready to develop health habits for the sake of activity.
4. Interested in social organization & intellectual influences.
5. Interested in actual life situations.
6. Ready to appreciate group success & failure.
7. Developing a social consciousness.
8. Ready for help from sympathetic adults.
9. ● Ready to submerge self for sake of group.
10. Developing appreciation of fundamentals of skills as motor co-ordinations are improving.

Secondary School Level

Psychological Characteristics

1. Moody & given to day-dreaming.
2. Attracted to opposite sex.
3. Unwilling on the whole to accept decisions of adults.
4. Intolerant of adult interference.
5. Desires for adventure & excitement.
6. Susceptible to hero worship.
7. Becoming self-confident.
8. Emotions strong & little controlled.
9. Loyalties developing rapidly & strongly.
10. Love of belonging to clubs, gangs, teams, asserting itself.

Physical development

1. Rapid increase in growth.
2. Slow increase of motor co-ordinations.
3. Susceptibility to fatigue.
4. With maturity - strength endurance slowing down of growth.



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